

## AMENDMENT

### In the Claims:

Please amend Claims 1-3, 7, 11-15 and add new Claims 16-20 as shown below. This listing of Claims will replace all prior versions, and listings, of Claims in the application:

1. (Currently Amended) An insole (1) for footwear having an underside and a foot facing side, the insole being Insole, which is essentially adapted to the profile of a human foot, comprising:

[[and]] in [[the]] a central foot section exhibits an elastically deformable ~~dome-shaped~~ dome-like arch (2) facing the human foot, comprising: wherein the ~~insole (1) in the region of the elastically deformable~~ arch (2) exhibits at least one ventilation opening (3), which during walking and in conjunction with the ~~elastically elastic deformable~~ form of the arch (2) provides ventilation of the shoe interior characterized in that the arch at the underside of the insole (1) exhibits a structure which in profile view has side walls (15,16) which run together to form a convex shape and are interrupted by an indentation (14) in the central section of the arch (2) and in that the so formed structure adapts mechanical characteristics of the insole pertaining to stiffness and comfort.

2. (Currently Amended) Insole according to Claim 1, characterized in that the insole (1) is [[an]] adapted to be insertable into an item of human footwear sole.

3. (Currently Amended) Insole according to Claim 1, characterized in that the ventilation opening openings (3) [[are]] is formed by at least one hole ~~holes~~, which [[are]] is punched in the region of the elastically deformable arch (2) in the insole (1).

4. (Previously amended) Insole according Claim 1, characterized in that the insole (1) exhibits at least twenty ventilation holes.

5. (Previously amended) Insole according to Claim 1, characterized in that the insole (1) exhibits grooves (4) on its underside, via which ventilated air from the shoe interior is exchanged for outside air.

6. (Original) Insole according to Claim 5, characterized in that the ventilation grooves (4) run essentially radially from the arch (2) to the outer edge of the insole (1).
7. (Currently Amended) Insole according to Claim 1, characterized in that the insole (1) exhibits a region (5, 6) in its areas at [[the]] a heel and ball of the foot which is formed from a rubber mixture that possesses damping properties.
8. (Previously amended) Insole according to Claim 1, characterized in that at least one web (13) is provided on the arch (2).
9. (Previously amended) Insole according to Claim 1, characterized in that the insole consists of an elastic plastic material.
10. (Previously amended) Insole according Claim 1, characterized in that the insole has a surface (8) formed by a textile on its side facing the foot.
11. (Currently Amended) An insole (1) according Claim 1 including a human shoe with the insole inserted in the shoe.
12. (Currently Amended) Shoe and insole according to Claim 11, characterized in that the insole (1) exhibits grooves (4) via which ventilated air from the shoe interior is exchanged for outside air, wherein the grooves of the insole (1) correspond with air ducts through which the air ventilated via the grooves (4) is passed along a side outer wall of the shoe (12) to the outside.
13. (Currently Amended) Shoe and insole according to Claim 11, characterized in that the air passed through the grooves (4) due to the deformation of the elastically deformable arch (2) is passed through a gas-permeable membrane (10) to the outside.
14. (Currently Amended) Shoe and insole according to Claim 13, characterized in that the membrane (10) is at least fitted to [[the]] points of the ventilation grooves on the shoe (12) ending at the shoe.

15. (Currently Amended) Shoe and insole according to Claim 11, characterized in that air from an area outside of the shoe is passed into the shoe interior through a gas-permeable membrane (10) via the ventilation grooves (4) during the return to original shape of the elastically deformable arch (2).

16. (New Claim) An insole (1) for footwear having an underside and a foot facing side, the insole being adapted to the profile of a human foot, comprising:

in a central foot section an elastically deformable dome-shaped arch (2) facing the human foot, characterized in that the arch at the underside of the insole (1) exhibits a structure in which in profile view has side walls (15,16) which run together to form a convex shape and are interrupted by an indentation (14) in the central section of the arch (2) and in that the so formed structure adapts mechanical characteristics of the insole pertaining to stiffness and comfort.

17. (New Claim) Insole according to Claim 16, characterized in that the insole (1) exhibits a region (5, 6) in its areas at a heel and ball of the foot which is formed from a rubber mixture that possesses damping properties.

18. (New Claim) Insole according to Claim 16, characterized in that at least one web (13) is provided on the arch (2).

19. (New Claim) Insole according to Claim 16, characterized in that the insole consists of an elastic plastic material.

20. (New Claim) Insole according Claim 16, characterized in that the insole has a surface (8) formed by a textile on its side facing the foot.